



# TOKYO

## Vegan & Vegetarian

Restaurant Guide 2026-2027



🌸 Welcome to TOKYO!

# Welcome to Tokyo!

Tokyo is home to a huge range of delicious restaurants, including many with excellent vegan and vegetarian dishes. The Tokyo Vegan & Vegetarian Restaurant Guide presents some of the best options available for vegan and vegetarian food-lovers, split across three categories. It also includes a number of sections that showcase the depth of Japanese food culture.



## Icon Guide

The orange icons indicate the ingredients that are not in some or all menu items, nor have been incorporated into the broth or seasonings.

\*Please note that these icons are for general reference only and have no official bearing.

### Category 1

No animal ingredients in **ALL** menu items



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy

### Category 2

No animal ingredients in **SOME** menu items



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy

### Category 3

No meat, no fish, no crustacean and no shellfish in **SOME** menu items



No meat



No fish



No crustaceans



No shellfish



# INDEX

Restaurant Map  
**3**

Train Route Map  
**5**

Category 1  
**7**

Category 2  
**18**

Category 3  
**32**

Edible Vegan &  
Vegetarian Souvenirs  
from Tokyo  
**33**

Experience Japanese  
Traditional Culture and  
Create Your Own  
Authentic Souvenir!  
**35**

Point-and-Ask Guide  
**36**

Emergency Response  
**37**



No five pungent vegetables  
(green onion, scallion, leek,  
garlic, and chives)  
in some menu items



English assistance  
available



English menu  
available



Free Wi-Fi



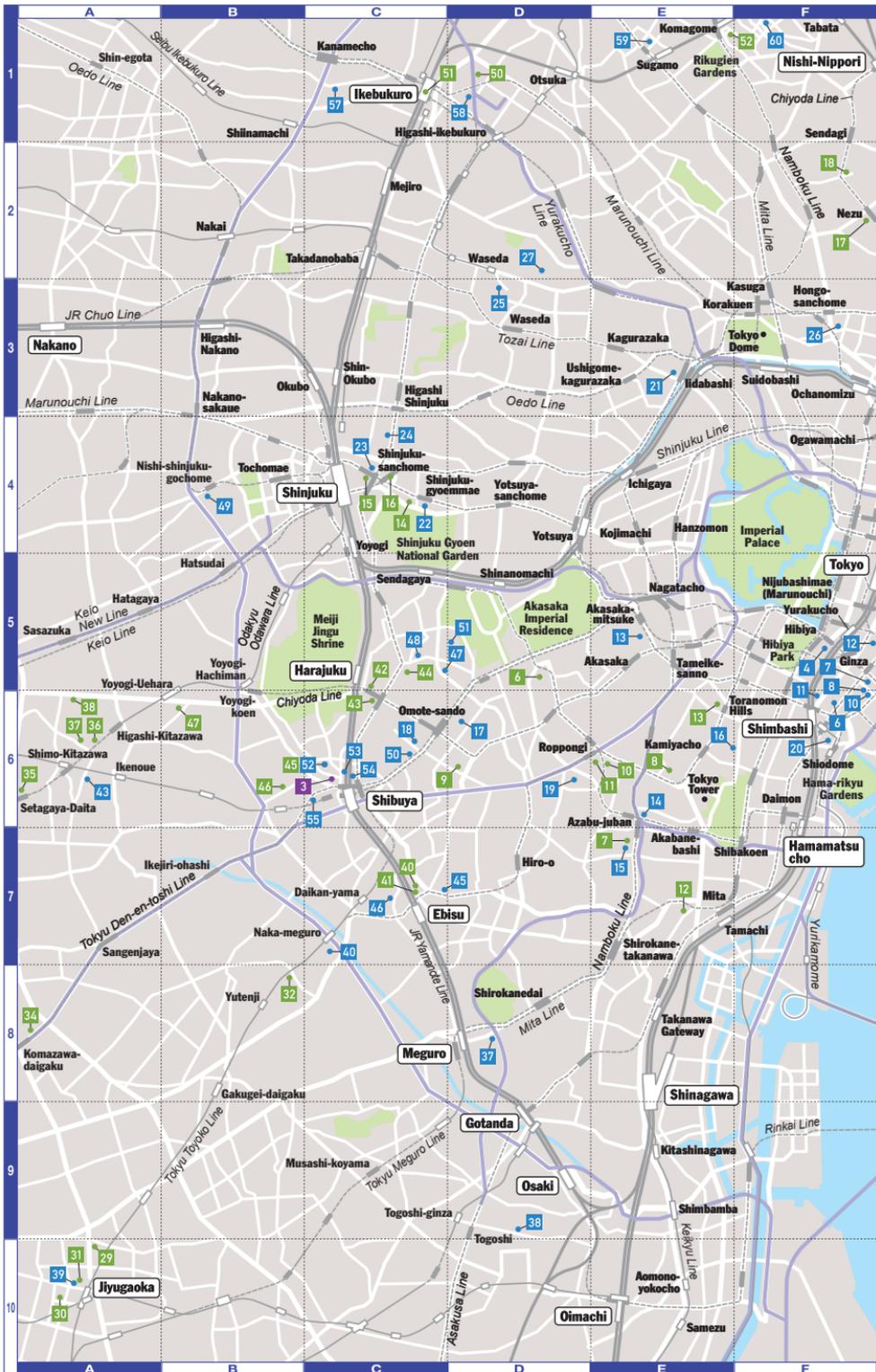
No honey

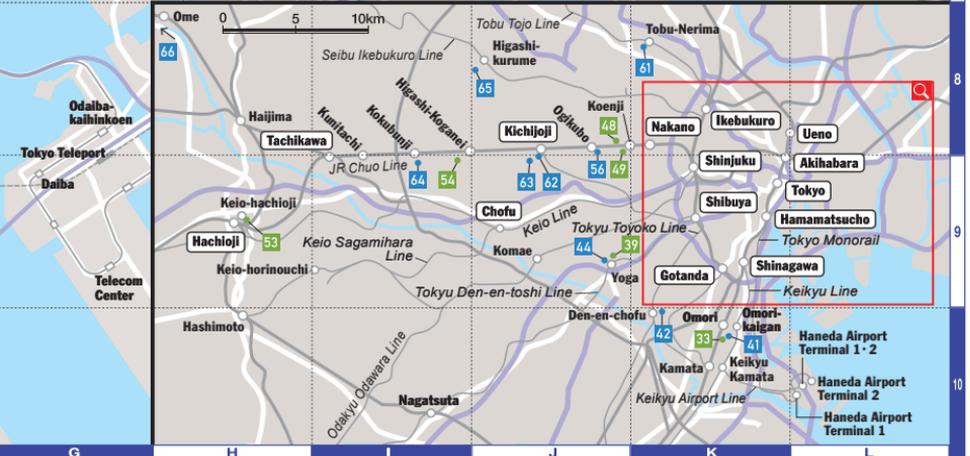


No honey

## Consumption tax

In general, Japan applies a 10% consumption tax at shops, restaurants, etc. In some cases, a reduced tax rate of 8% is applied to food and beverage items. Please note that the display price may or may not already include consumption tax, depending on the shop/restaurant and product. For more information about Japan's consumption tax, visit:  
[https://www.nta.go.jp/english/taxes/consumption\\_tax/01.htm#c10](https://www.nta.go.jp/english/taxes/consumption_tax/01.htm#c10)







# TOKYO RAILWAY AND SUBWAY MAP



# Category 1

Restaurants in this category are entirely vegan\*-friendly.  
NONE of their menu items incorporate the ingredients below.

\* A vegan, as referred to in this guidebook, is a person who does not eat anything derived from animals.



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy



No honey

For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 Komaki Shokudo Kamakura Fushikian

こまきしょくどう 鎌倉不識庵

☎03-5577-5358 Lunch ¥2,000 Dinner ¥3,000

<https://www.instagram.com/komakishokudo/>

Hours: 11:00-16:00 (L.O. 15:30), 17:00-20:00 (L.O. 19:30)  
(Mon-Fri), 11:00-20:00 (L.O. 19:30)(Sat, Sun, holidays) **Closed**  
days: Varies depending on the facility **Address:** Inside CHABARA,  
8-2 Kanda-Neribeicho, Chiyoda City **Access:** Akihabara (JR)



Japanese foods

MAP G-3



WEBSITE



ACCESS MAP



## 2 T's TANTAN GRANSTA TOKYO

T's たんたん グランスタ東京店

☎03-3218-8040 Lunch ¥1,000 Dinner ¥1,500

<https://foods.jr-cross.co.jp/ts-tantan/>

Hours: 10:00-22:00 (L.O. 21:30)  
**Closed days:** Open 365 days  
**Address:** Inside Keiyo street area, GRANSTA TOKYO 1F  
1-9-1 Marunouchi, Chiyoda City **Access:** Tokyo (JR, Subway)



Noodles/Ramen

MAP G-5



WEBSITE



ACCESS MAP



## 3 AIN SOPH. GINZA

アインソフ銀座本店

☎050-3134-4241 Lunch ¥3,000 Dinner ¥5,500

<https://en.ain-soph.jp/ginza>

Hours: 11:30-14:30 (L.O. 14:30), Teatime 14:30-17:00 (L.O.  
16:00), 17:30-21:00 (L.O. 19:00)  
**Closed days:** No fixed holiday **Address:** 4-12-1 Ginza, Chuo  
City **Access:** Higashi-ginza (Subway)



Other food

MAP G-5



WEBSITE



ACCESS MAP



## 4 KOMEDA is □

コメダイズ

☎03-6260-6369 ¥1,500

<https://www.komeda-is.com/>

**Hours:** 7:00-22:00 (L.O. 21:30), alcohol served 11:00-22:00 (L.O. 21:30) **Closed days:** Varies depending on the facility **Address:** Ginza Shochiku Square 1F, 1-13-1 Tsukiji, Chuo City **Access:** Higashi-ginza (Subway)



WEBSITE

Café/Sweets  
MAP G-6



ACCESS MAP



## 5 ovgo Baker Edo St.

ovgo Baker Edo St.

☎050-1502-8698 ¥500

<https://ovgobaker.com/en>

**Hours:** 8:00-19:00 (Mon-Fri), 10:00-18:00 (Sat, Sun, holidays) **Closed days:** New Year holidays (please check Instagram) **Address:** 10-8 Nihonbashi-Kodenmachi, Chuo City **Access:** Kodemmacho (Subway)



WEBSITE

Café/Sweets  
MAP G-4



ACCESS MAP



## 6 BROOKS GREENLIT CAFE

BROOKS GREENLIT CAFE

☎03-4400-1662 ¥2,000

<https://www.brooks-greenlitcafe.com/>

**Hours:** 8:00-18:00 (L.O. 17:30) **Closed days:** New Year holidays, summer holidays (please check Instagram) **Address:** MIDORI.so AOYAMA 1F, 1-7-12 Minami-Aoyama, Minato City **Access:** Aoyama-itcho (Subway)



WEBSITE

Café/Sweets  
MAP D-5



ACCESS MAP



## 7 Te cor gentil

Te cor gentil

☎03-6809-3230 ¥1,500

<https://www.instagram.com/tecorgentil/>

**Hours:** 10:00-18:00 **Closed days:** Mon, Tue **Address:** Grand Louvre Azabujuban 1F, 2-18-8 Azabu-juban, Minato City **Access:** Azabu-juban (Subway)



Reservation recommended



WEBSITE

Café/Sweets  
MAP E-7



ACCESS MAP



## 8 ALCHEMY

ALCHEMY

☎03-6230-9668 Lunch ¥1,800 Dinner ¥2,500

<https://www.instagram.com/alchemyjapan/>

**Hours:** 11:00-20:00 (L.O. 19:30) **Closed days:** Varies depending on the facility **Address:** Azabudai Hills Tower Plaza 4F, 1-3-1 Azabudai, Minato City **Access:** Kamiyacho (Subway), Roppongi-itcho (Subway)



WEBSITE

Café/Sweets  
MAP E-6



ACCESS MAP



## 9 vegan veggie joga

vegan veggie 嬉飯(joga)

☎03-6419-7860 Lunch ¥1,500 Dinner ¥5,000

<https://joga.tokyo/>

**Hours:** 11:00-16:00, 16:00-22:30 (L.O. 21:30) (Mon-Fri),  
11:00-15:00, 15:00-22:30 (L.O. 21:30) (Sat, Sun, holidays) **Closed**  
**days:** No fixed holiday **Address:** Fine Aoyama Bldg. 1F, 6-2-13  
Minami-Aoyama, Minato City **Access:** Roppongi (Subway)



WEBSITE



ACCESS MAP

Chinese

MAP D-6



## 10 FALAFEL BROTHERS Roppongi

FALAFEL BROTHERS 六本木店

☎03-6459-2844 Lunch ¥1,100 Dinner ¥1,500

<https://www.falafelbrothers.jp/>

**Hours:** 8:30-21:30(L.O. 21:00) (Mon-Thu), 8:30-22:00 (L.O.  
21:30) (Fri, Sat), 9:30-21:00 (L.O. 20:30) (Sun)

**Closed days:** Open 365 days **Address:** 5-1-11 Roppongi,  
Minato City **Access:** Roppongi (Subway)



WEBSITE



ACCESS MAP

Other foods

MAP E-6



## 11 shojin SOUGO

shojin 宗胡

☎03-5414-1133 Lunch ¥2,000 Dinner ¥15,000

[https://www.sougo.tokyo/index\\_e.html](https://www.sougo.tokyo/index_e.html)

**Hours:** 11:30-15:00 (L.O. 14:00), 17:30-23:00 (L.O. 21:30)

**Closed days:** Sun, holidays

**Address:** Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato  
City **Access:** Roppongi (Subway)



WEBSITE



ACCESS MAP

Japanese foods

MAP E-6



## 12 TSUMINAKI Mapo Tofu Mita Tamachi

罪無き麻婆豆腐 三田町店

☎03-6435-4557 Lunch ¥1,500 Dinner ¥2,000

[https://www.instagram.com/tsuminaki\\_mapo\\_tamachi/](https://www.instagram.com/tsuminaki_mapo_tamachi/)

**Hours:** 10:02-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)

**Closed days:** Sun, New Year holidays

**Address:** TMS Bldg. 101, 3-3-9 Mita, Minato City

**Access:** Tamachi (JR), Mita (Subway)



WEBSITE



ACCESS MAP

Chinese

MAP E-7



## 13 ovgo Baker BBB

ovgo Baker BBB

☎03-6811-1224 ¥500

<https://ovgobaker.com/en>

**Hours:** 11:00-20:00 **Closed days:** Varies depending on the  
facility **Address:** Inside T-MARKET, Toranomon-Hills Station  
Tower B2, 2-6-1 Toranomon, Minato City

**Access:** Toranomon-hills (Subway)



WEBSITE



ACCESS MAP

Café/Sweets

MAP E-6



## 14 marbre vegan

marbre vegan 新宿御苑本店

☎03-6380-6898 ¥750

[https://www.instagram.com/marbre\\_vegan/](https://www.instagram.com/marbre_vegan/)

**Hours:** 11:00-19:00 (L.O. 18:00) **Closed days:** Open 365 days \*Excluding New Year holidays (Please check the Instagram) **Address:** Parkside Square 1F, 2-1-5 Shinjuku, Shinjuku City **Access:** Shinjuku-gyoemmae (Subway)



WEBSITE

Café/Sweets

MAP C-4



ACCESS MAP



## 15 HealthyTOKYO CBD Shop&Cafe Shinjuku Marui Honkan

HealthyTOKYO CBD ショップ&カフェ 新宿マルイ本館店

☎050-5526-5593 Lunch ¥2,000 Dinner ¥2,000

<https://healthytokyo.com/locations/healthytokyo-cbd-shop-cafe-shinjuku-marui-honkan/>

**Hours:** 8:00-21:00 **Closed days:** Open 365 days  
**Address:** Shinjuku Marui Main Bldg. B1, 3-30-13 Shinjuku, Shinjuku City **Access:** Shinjuku-sanchome (Subway), Shinjuku (JR, Subway, Keio, Odakyu)



WEBSITE

Café/Sweets

MAP C-4



ACCESS MAP



## 16 AIN SOPH. Journey SHINJUKU

アインソフジャーニー新宿

☎050-5869-4158 Lunch ¥2,000 Dinner ¥3,500

<https://en.ain-soph.jp/journey-shinjuku>

**Hours:** 11:30-16:00 (L.O. 15:30), 18:00-21:30 (L.O. 21:00) (Mon-Fri), 11:30-17:00 (L.O. 16:00), 18:00-21:30 (L.O. 21:00) (Sat, Sun, holidays)  
**Closed days:** No fixed holiday **Address:** Shinjuku Q Bldg. B1/1F/2F, 3-8-9 Shinjuku, Shinjuku City **Access:** Shinjuku-sanchome (Subway)



WEBSITE

Other foods

MAP C-4



ACCESS MAP



## 17 Vegan Restaurant Nezunoya

ヴィーガンレストラン 根津の谷

☎03-3823-0030 ¥2,000

<http://nezunoya.com/>

**Hours:** 11:30-16:00 (L.O. 15:00)  
**Closed days:** Wed, Thu, Sun  
**Address:** Ra-in Nezu 1F, 1-1-14 Nezu, Bunkyo City  
**Access:** Nezu (Subway)



WEBSITE

Japanese foods

MAP F-2



ACCESS MAP



## 18 tofuroom Dy's

豆腐 room Dy's

¥2,200

<https://tofuroomdys.jimdofree.com/>

**Hours:** 11:30-14:30 \*Closes when sold out  
**Closed days:** Tue, Thu  
**Address:** Kateri-na Sendagi 101, 2-48-18 Sendagi, Bunkyo City **Access:** Nezu (Subway), Sendagi (Subway)



WEBSITE

Other foods

MAP F-2



ACCESS MAP



19

## Asakusa Hatoya

浅草 鳩家

☎050-1442-5418 ¥800

[https://www.instagram.com/asakusa\\_hatoya/](https://www.instagram.com/asakusa_hatoya/)

Hours: 11:00-16:00

Closed days: Open 365 days

Address: 2-3-3 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



20

## Marugoto Vegan Dining Asakusa

まるごと Veganダイニング浅草

¥2,700

<https://dining.marugotovegan.com/>

Hours: 9:00-11:30 (Please check the website), 11:30-15:00

(Tue-Sun), 18:00-20:30 (Wed-Sun) Closed days: Mon

Address: Yabuki Bldg. 1F, 1-3-13 Hanakawado, Taito City

Access: Asakusa (Subway, Tobu, TX)



Other foods

MAP H-2



WEBSITE



ACCESS MAP



21

## Shochiku-en Café

松竹園カフェ

☎03-6802-8355 Lunch ¥1,200 Dinner ¥1,500

<https://sho-chiku-en.com/>

Hours: 9:30-16:30 (Mon-Fri), 9:30-17:00 (Sat, Sun)

Closed days: Open 365 days

Address: 2-7-6 Nishi-Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)

Reservation  
recommended

Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



22

## Vegan Eat Tokyo

Vegan Eat Tokyo

☎03-5830-6945 ¥2,500

Hours: 11:45-15:00 (L.O. 14:30), 17:00-21:45 (L.O. 21:00)

Closed days: Open 365 days (New Year holidays, other non

fixed holidays) Address: Nagamori Bldg. 1F, 1-22-5

Asakusa, Taito City Access: Asakusa (Subway, Tobu, TX)

Reservation  
recommended

Western foods

MAP H-2



ACCESS MAP



23

## Fucha Vegetarian Cuisine BON

普茶料理 梵

☎03-3872-0375 Lunch ¥6,000 Dinner ¥7,000

<https://www.fuchabon.co.jp/english/english.html>

Hours: 12:00-15:00 (L.O. 13:00), 18:00-21:00 (L.O. 18:30)

(Mon-Sat), 12:00-15:00 (L.O. 13:00), 17:00-20:00 (L.O. 18:00)

(Sun, holidays) Closed days: Wed, Thu, summer holidays and winter

holidays Address: 1-2-11 Ryusen, Taito City Access: Iriya (Subway)



Reservation required

Japanese foods

MAP H-2



WEBSITE



ACCESS MAP



## 24 Minoya

味農家

☎03-3866-3795 Lunch ¥5,000 Dinner ¥9,000  
<https://www.minoyavege.com/english.html>

**Hours:** 11:30-14:00 (L.O. 12:30), 18:00-22:30 (L.O. 20:30)  
**Closed days:** Sun, holidays, two days at the end of the month  
**Address:** 1-5-5 Torigoe, Taito City  
**Access:** Shin-okachimachi (Subway)



**Reservation required**  
(via the website)



WEBSITE



ACCESS MAP

Japanese foods  
MAP G-3



## 25 VEGAN GYOZA

ヴィーガン餃子

☎03-3871-7017 ¥2,700  
<https://www.vegangyoza.com/>

**Hours:** 12:00-21:00 (L.O. 20:30)  
**Closed days:** Mon, Tue  
**Address:** Yoko Bldg. 1F, 3-11-17 Negishi, Taito City  
**Access:** Uguisudani (JR)



**Reservation required**  
(via the website)



WEBSITE



ACCESS MAP

Café/Other foods  
MAP G-2



## 26 Vegan Izakaya Nowhere

ヴィーガン居酒屋 のうえあ

☎03-6658-4774 Dinner ¥3,000  
<https://veganizakayanowhere.com>

**Hours:** 17:00-22:00 (L.O. 21:30)  
**Closed days:** Tue, Wed  
**Address:** 1-8-2 Mukojima, Sumida City  
**Access:** Honjo-azumabashi (Subway), Tokyo Skytree (Tobu)



**Reservation required**  
(via the website)



WEBSITE



ACCESS MAP

Izakaya/Bar  
MAP I-2



## 27 TUTTO Kiyosumishirakawa

TUTTO 清澄白河店

☎080-4799-4603 Lunch ¥1,000 Dinner ¥1,000  
<https://tuttojapan.com/>

**Hours:** 10:00-18:00 **Closed days:** Mon (or the following Tue when Mon falls on a national holiday)  
**Address:** Raffi Ville Kiyosumi-shirakawa EAST 1F, 1-3-7 Tokiwa, Koto City  
**Access:** Kiyosumi-shirakawa (Subway), Morishita (Subway)



**Reservation required**  
(via the website)



WEBSITE



ACCESS MAP

Café/Sweets  
MAP H-4



## 28 Vegan Ramen UZU Tokyo

Vegan Ramen UZU Tokyo

Lunch ¥2,000 Dinner ¥2,000  
<https://vegan-uzu.com/pages/uzu-tokyo-en>

**Hours:** Please check the website  
**Closed days:** Please check the website  
**Address:** teamLab Planetes TOKYO, 6-1-16 Toyosu, Koto City  
**Access:** Shin-toyosu (Yurikamome)



**Reservation required**  
(via the website)



WEBSITE



ACCESS MAP

Noodles/Ramen  
MAP H-7



## 29 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

☎090-9823-8310 Lunch ¥2,800 Dinner ¥5,000

<https://www.plus-veganique.com/>

**Hours:** 12:00-16:00, 18:00-22:00 (please check the website) **Closed days:** Tue, Wed

**Address:** 1-19-23 Jiyugaoka, Meguro City

**Access:** Jiyugaoka (Tokyu)



Reservation required for the five pungent vegetable-free menu



WEBSITE

Other foods

MAP A-10



ACCESS MAP



## 30 SAIDO

菜道

☎03-5726-9500 Lunch ¥2,970 Dinner ¥3,300

<https://saido.tokyo/en/>

**Hours:** Please check the website

**Closed days:** Please check the website

**Address:** A&D House, 2-15-10 Jiyugaoka, Meguro City

**Access:** Jiyugaoka (Tokyu)



WEBSITE

Japanese foods

MAP A-10



ACCESS MAP



## 31 T's Restaurant

T's レストラン

☎03-3717-0831 Lunch ¥1,280 Dinner ¥3,000

<https://ts-restaurant.jp/english/>

**Hours:** 11:30-21:00 (L.O. 20:30) **Closed days:** New Year holidays (varies depending on the facility)

**Address:** Luz Jiyugaoka B1, 2-9-6 Jiyugaoka, Meguro City

**Access:** Jiyugaoka (Tokyu)



WEBSITE

French/Italian foods

MAP A-10



ACCESS MAP



## 32 Rainbow Bird Rendezvous

レインボーバードランデヴュー

☎03-3791-5470 Lunch ¥1,300 Dinner ¥1,800

<https://www.ls-adventure.com/>

**Hours:** 11:30-15:00 (Mon), 11:30-15:00, 17:00-20:00

(Thu, Fri), 11:30-19:00 (Sat, Sun, holidays) **Closed days:**

Tue, Wed **Address:** Libertaria Yutenji 1st floor 1-1-1 Yutenji, Meguro City **Access:** Naka-meguro (Subway, Tokyu)



WEBSITE

Western foods

MAP B-8



ACCESS MAP



## TOKYO MUSLIM Traveler's Guide

Around 180 restaurants and facilities for Muslim visitors!  
Muslim-friendly restaurants, shops, mosques, and hotels are here!

Check the Guidebook

\* Available in English



TOKYO  
MUSLIM

Traveler's Guide 2018

1st Edition

© 2018

Published in TOKYO

1000-0000-0000

0000-0000-0000

0000-0000-0000

33

**kassaiya chimaki**

お野菜料理専門店 活菜や ちまき

☎03-6673-4980 **Dinner ¥4,000**

**Hours:** 17:30-23:00 (Food L.O. 22:00, Drink L.O. 22:30)  
 (Mon-Fri), 17:00-22:30 (Food L.O. 21:30, Drink L.O. 22:00)  
 (Sat, holidays) **Closed days:** Sun **Address:** 1-38-1  
 Omori-kita, Ota City **Access:** Omori (JR)



**Last entry is 30 minutes  
before the last food orders.**

Japanese foods

MAP K-10



ACCESS MAP



34

**CORI. Vegan Food & Craft Beer**

CORI. Vegan Food &amp; Craft Beer

☎03-6450-7556 **Lunch ¥2,000 Dinner ¥2,000**
<https://www.cori-vege.com/>

**Hours:** 12:00-15:00, 18:00-21:00 (please check Instagram  
 or Google Maps) **Closed days:** No fixed holiday  
**Address:** 4-2-20 Kamiuma, Setagaya City  
**Access:** Komazawa-daigaku (Tokyu)



Other foods

MAP A-8



WEBSITE



ACCESS MAP



35

**Universal Bakes and Cafe**

Universal Bakes and Cafe

☎03-6335-4972 **¥1,300**
<https://universalbakes.jp/>

**Hours:** 8:30-18:00 **Closed days:** Mon (or the following Wed  
 when Mon falls on a national holiday), Tue  
**Address:** 5-9-15 Daiba, Setagaya City  
**Access:** Setagaya-daiba (Odakyu)



**Please check Instagram for the  
latest opening days and hours.**

Cafe/Other foods

MAP A-6



WEBSITE



ACCESS MAP



36

**New Far Eastern Style Cafe Ming-Teng HAHAO**

New Far Eastern Style Cafe 明天好好

☎03-6452-3102 **Lunch ¥1,500 Dinner ¥1,500**
<https://www.instagram.com/mingtenghaohao/>

**Hours:** 11:00-18:00 (L.O. 17:30) **Closed days:** New Year  
 holidays **Address:** reload 1F, 3-19-20 Kitazawa, Setagaya  
 City **Access:** Shimo-kitazawa (Keio, Odakyu), Higashi-  
 kitazawa (Odakyu)



Asian/Ethnic foods

MAP A-6



WEBSITE



ACCESS MAP



37

**KLASINA VEGAN TOKYO**

ヴィーガン創作家庭料理 KLASINA

☎03-3466-3596 **Lunch ¥3,900 Dinner ¥5,900**
<https://klasina.tokyo/englishpage>

**Hours:** 13:00-16:00, 18:00-22:00 (Reservation only)  
**Closed days:** No fixed holiday  
**Address:** Hondo 1 1F left, 3-26-6 Kitazawa, Setagaya City  
**Access:** Shimo-Kitazawa (Odakyu, Keio)



**Reservation required 10 days in advance (from  
5 persons) via email (klasina.hiro@gmail.com)**

Japanese foods

MAP A-6



WEBSITE



ACCESS MAP



## 38 Vegan Soba Tokyo Ayler

アイラー (Vegan Soba Tokyo)

☎080-1774-0320 Lunch ¥1,500 Dinner ¥1,500

[https://www.instagram.com/\\_ayler/](https://www.instagram.com/_ayler/)

Hours: 11:30-16:30, 19:30-23:00 (Wed, Fri)

Closed days: Sat, Sun(not fixed)

Address: 4-24-15 Kitazawa, Setagaya City

Access: Shimo-kitazawa (Keio, Odakyu), Sasazuka (Keio)



Noodles/Ramen

MAP A-6



WEBSITE



ACCESS MAP



## 39 VENUTS

VENUTS

☎03-6805-6826 ¥1,000

<https://venuts.jp/>

Hours: 10:00-19:00

Closed days: No fixed holiday

Address: Chanti Maison 1F, 3-15-18 Yoga, Setagaya City

Access: Yoga (Tokyu)



Café/Sweets

MAP J-9



WEBSITE



ACCESS MAP



## 40 HEMP CAFE TOKYO

ヘンプカフェトウキョウ

☎03-6427-1984 Lunch ¥1,500 Dinner ¥3,000

<https://hempcafetokyo.com/>

Hours: 11:30-15:00 (L.O. 14:30), 18:00-22:00 (Food L.O. 21:00, Drink L.O. 21:30)

Closed days: Tue

Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City

Access: Ebisu (JR, Subway)



Please check Instagram for the latest opening days and hours.

Other foods

MAP C-7



WEBSITE



ACCESS MAP



## 41 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405 Lunch ¥1,400 Dinner ¥2,000

<https://www.ko-so-cafe.jp/en>

Hours: 11:00-20:00 (L.O. 19:30)

Closed days: Wed

Address: Lions Plaza Ebisu 1F, 3-25-3 Higashi, Shibuya City

Access: Ebisu (JR, Subway)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 42 VEGAN BISTRO JANGARA

ヴィーガンビストロジャンガ

☎03-3404-5572 Lunch ¥1,500 Dinner ¥2,000

<https://kyushujangara.co.jp/shops/veganbistro/>

Hours: 11:00-22:00 (L.O. 21:00)

Closed days: Open 365 days

Address: Harajuku Bldg. 2 2F, 1-13-21 Jingumae, Shibuya City

Access: Harajuku (JR), Meiji-jingumae<Harajuku>(Subway)



Harajuku branch is also nearby.

Other foods

MAP C-5



WEBSITE



ACCESS MAP



43

**FALAFEL BROTHERS Harajuku**

FALAFEL BROTHERS 原宿店

☎03-6805-1991 Lunch ¥1,100 Dinner ¥1,500

<https://www.falafelbrothers.jp/>

**Hours:** 11:00-23:00 (L.O. 22:00) **Closed days:** Open 365 days  
**Address:** Tokyu Plaza Harajuku(Harakado) 6F, 6-31-21 Jingumae, Shibuya City

**Access:** Meiji-jingumae<Harajuku>(Subway)

WEBSITE

Other foods

MAP C-6



ACCESS MAP



44

**HealthyTOKYO CBD Shop&Cafe Harajuku**

HealthyTOKYO CBD ショップ&amp;カフェ 原宿店

☎050-5305-1332 Lunch ¥2,000 Dinner ¥2,000

<https://healthytokyo.com/locations/healthytokyo-cbd-shop-cafe-harajuku/>**Hours:** 12:00-20:00**Closed days:** Open 365 days**Address:** 3-27-14 Jingumae, Shibuya City**Access:** Meiji-jingumae<Harajuku>(Subway)

WEBSITE

Café/Sweets

MAP C-5



ACCESS MAP



45

**Vegan Izakaya Masaka**

ヴィーガン居酒屋真さか

☎03-5422-3020 Lunch ¥2,000 Dinner ¥3,000

<https://shibuya-parco.jp/e.aiv.hp.transer.com/shop/detail/?cd=025897>**Hours:** 12:00-22:00 (L.O. 21:00)**Closed days:** Varies depending on the facility**Address:** SHIBUYA PARCO B1, 15-1 Udagawacho, Shibuya City**Access:** Shibuya (JR, Subway, Tokyu, Keio)

WEBSITE

Izakaya/Bar

MAP C-6



ACCESS MAP



46

**Vegan Sushi Tokyo**

Vegan Sushi Tokyo

¥3,500

<https://vcook.co.jp/vegansushitokyo/en>**Hours:** 9:00-22:00 (L.O. 21:30)(please check Google Maps)**Closed days:** Open 365 days(please check Google Maps)**Address:** Park-side Shoto 103, 1-25-6, Shibuya City**Access:** Shibuya (JR, Subway, Tokyu, Keio), Shinsen (Keio)

Reservation recommended



WEBSITE

Japanese foods

MAP B-6



ACCESS MAP



47

**Wa no Kashi Meguri**

和のかし巡

☎03-5738-8050 ¥1,800

<https://wa-meguri.com/en>**Hours:** 12:00-18:00**Closed days:** Mon, Tue, other non-fixed holidays**Address:** 3-2-1 Uehara, Shibuya City**Access:** Yoyogi-uehara (Subway, Odakyu)

Please check Instagram for the latest opening days and hours.



WEBSITE

Café/Sweets

MAP B-6



ACCESS MAP



48

## coret

coret -every day vegan gohan-

☎03-5327-8660 Lunch ¥1,650 Dinner ¥1,650

<https://coret.owst.jp/en/>

Hours: 10:00-20:00 (L.O. 19:30)

Closed days: No fixed holiday

Address: Terrace building of Koenji Apartment 1F, 4-1-7 Koenjikitae, Suginami City Access: Koenji (JR)



Japanese foods

MAP J-8



WEBSITE



ACCESS MAP



49

## Rect. Sand Cafe

レクトサンドカフェ

☎03-5929-9207 ¥1,300

<https://rectsandcafe.com>

Hours: 11:30-14:30 Closed days: Mon, Sun

Address: Chateau Yoshida, 3-54-14 Koenji-Minami, Suginami City

Access: Koenji (JR)



Café/Sweets

MAP J-8



WEBSITE



ACCESS MAP



50

## AIN SOPH. soar IKEBUKURO

アインソフソア池袋

☎050-3733-9419 Lunch ¥2,000 Dinner ¥2,500

<https://en.ain-soph.jp/soar>

Hours: 11:30-16:00 (L.O. 15:30), 18:00-21:00 (L.O. 20:30)

Closed days: No fixed holiday

Address: Union Bldg. 1F, 3-5-7 Higashi-Ikebukuro, Toshima City Access: Ikebukuro (JR, Subway, Tobu, Seibu)



Other foods

MAP D-1



WEBSITE



ACCESS MAP



51

## T's TANTAN Ikebukuro

T's たんたん 池袋店

☎03-5958-0375 Lunch ¥1,500 Dinner ¥1,500

<https://foods.jr-cross.co.jp/ts-tantan/>

Hours: 11:00-22:00 (L.O. 21:30) Closed days: Open 365

days Address: Inside JR Ikebukuro Sta., 1-28-2 Minami-Ikebukuro, Toshima City

Access: Ikebukuro (JR, Subway, Tobu, Seibu)



Noodles/Ramen

MAP C-1



WEBSITE



ACCESS MAP



52

## Nourish

自然野菜レストラン 駒込ナーリッシュ

☎03-3944-8300 Lunch ¥1,500 Dinner ¥2,500

<https://k-nourish.tokyo/>

Hours: 11:00-14:30 (L.O. 14:00)(Mon-Thu, Sun), 11:00-14:30

(L.O. 14:00), 17:00-20:00 (L.O. 19:00)(Fri, Sat) Closed days:

New Year holidays Address: Corpo Ichikawa 2F, 1-37-8

Komagome, Toshima City Access: Komagome (JR, Subway)



Other foods

MAP E-1



WEBSITE



ACCESS MAP



53

**Sachinoki**

至福の野菜料理店 幸の木

☎042-649-1987 Lunch ¥3,000

<https://sachinoki.com/>**Hours:** 11:30-17:00 (L.O. 15:30) **Closed days:** No fixed holiday (please check the website and social media)**Address:** 1F, 2-25-8 Myojincho, Hachioji City**Access:** Hachioji (JR, Keio)**Reservation recommended**

WEBSITE

Other foods

MAP H-9



ACCESS MAP



54

**nishimakigohan**

にしまきごはん

☎042-203-2418 ¥1,350

<https://www.instagram.com/nishimakigohan>**Hours:** 11:00-17:00 (L.O. 16:00)**Closed days:** Wed, Thu, other non-fixed holidays**Address:** 2-13-10 Nakacho, Koganei City**Access:** Musashi-koganei (JR)**Reservation required for the five pungent vegetables-free menu**

WEBSITE

Japanese foods

MAP I-9



ACCESS MAP



# Category 2

Restaurants in this category offer vegan\*-friendly options.  
SOME of their menu items are free from the ingredients below.

\* A vegan, as referred to in this guidebook, is a person who does not eat anything derived from animals.



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy



No honey

For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

1

**Kyushu Jangara Akihabara-honten**

九州じゃんがら 秋葉原本店

☎03-3251-4059 Lunch ¥1,400 Dinner ¥1,400

<https://kyushujangara.co.jp/en/>**Hours:** 11:00-22:00 (L.O. 21:45)**Closed days:** Open 365 days**Address:** 3-11-6 Soto-Kanda, Chiyoda City**Access:** Akihabara (JR, Subway, TX)**Harajuku branch is also in Tokyo.**

WEBSITE

Noodles/Ramen

MAP G-3



ACCESS MAP



## 2 Glico ALMOND DAYS

Glico ALMOND DAYS

☎03-6665-9960 ¥690

<https://cp.glico.com/almond-days/>

**Hours:** 9:00-21:00 **Closed days:** Open 365 days

**Address:** Inside Tokyo Okashi Land, Tokyo Station Ichibangai B1, 1-9-1 Marunouchi, Chiyoda City

**Access:** Tokyo (JR, Subway)



Café/Sweets

MAP G-5



WEBSITE



ACCESS MAP



## 3 Soranoiro NIPPON

そらのいろNIPPON

☎03-3211-7555 Lunch ¥1,200 Dinner ¥1,250

<https://soranoiro-vege.com/>

**Hours:** 11:00-23:00 (L.O. 22:30) **Closed days:** Open 365 days

**Address:** Tokyo Ramen Street, inside Tokyo Station Ichibangai B1, 1-9-1 Marunouchi, Chiyoda City

**Access:** Tokyo (JR, Subway)



Noodles/Ramen

MAP G-5



WEBSITE



ACCESS MAP



## 4 CHAYA Natural & Wild Table Hibiya

CHAYA ナチュラル&ワイルドテーブル 日比谷

☎03-3500-5514 Lunch ¥1,300 Dinner ¥2,500

<https://chayam.co.jp/english/>

**Hours:** 11:00-22:00 (L.O. 21:00)(Sun, Mon), 11:00-23:00(L.O. 22:00)(Tue-Sat) **Closed days:** Varies depending on the facility

**Address:** Hibiya Chanter B2, 1-2-2 Yurakucho, Chiyoda City

**Access:** Yurakucho (JR, Subway), Hibiya (Subway)



French/Italian foods

MAP F-5



WEBSITE



ACCESS MAP



## 5 DAKSHIN Higashi Nihonbashi

南インド料理ダクシン 東日本橋店

☎03-3249-9155 Lunch ¥1,000 Dinner ¥3,000

<https://dakshin.jp/en>

**Hours:** 11:00-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:00)(Tue-Fri), 11:00-15:00 (L.O. 14:30), 17:00-22:00 (L.O. 21:00)(Sat, Sun, holidays)

**Closed days:** Mon **Address:** 1-12-1 Nihonbashi-Bakurocho, Chuo City

**Access:** Bakurocho (JR), Higashi-nihombashi (Subway)



Asian/Ethnic foods

MAP G-4



WEBSITE



ACCESS MAP



## 6 FARO

FARO

☎0120-862-150/03-3572-3911 Lunch ¥13,000 Dinner ¥20,000

<https://faro.shiseido.co.jp/en/>

**Hours:** 12:00-15:00 (L.O. 13:00), 18:00-22:00 (L.O. 19:30)

**Closed days:** Mon, Sun, mid-August, New Year holidays

**Address:** Tokyo Ginza Shiseido Bldg. 10F, 8-8-3 Ginza, Chuo City

**Access:** Ginza (Subway), Shimbashi (JR, Subway, Yurikamome)



Reservation required

French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



## 7 GINZA KUKI

GINZA KUKI

☎03-3572-5433 Lunch ¥10,000 Dinner ¥18,000

<https://ginzakuki.com/en/>

**Hours:** 11:30-14:00(Lunch only on Saturdays), 18:00-22:30 (L.O. 20:30) **Closed days:** Sun, 2nd Mon, 4th Mon, holidays

**Address:** GINZA-A5 4F, 5-9-16 Ginza, Chuo City  
**Access:** Ginza (Subway), Higashi-ginza (Subway)



Reservation required



WEBSITE

Japanese foods  
MAP F-5



ACCESS MAP



## 8 Kyushu Jangara Ginza

九州じゃんがら銀座店

☎03-3572-3025 Lunch ¥1,400 Dinner ¥1,400

<https://kyushujangara.co.jp/en/>

**Hours:** 11:00-22:30 (L.O. 22:15)

**Closed days:** Open 365 days

**Address:** Ginza Katagiri Bldg. 1F, 6-12-17 Ginza, Chuo City

**Access:** Ginza(Subway), Higashi-ginza(Subway)



Reservation required



WEBSITE

Noodles/Ramen  
MAP F-5



ACCESS MAP



## 9 Hotel GrandBach Tokyo Ginza "Wald Haus"

ホテルグランバツハ東京銀座「ヴァルトハウス」

☎03-5550-2227 Lunch ¥4,000 Dinner ¥8,500

<https://www.grandbach.co.jp/en/ginza/>

**Hours:** 11:30-15:00 (L.O. 14:30), 15:00-17:30 (L.O. 17:00), 18:00-22:00 (course L.O. 20:30, A la carte L.O.21:00, drink L.O. 21:30) **Closed days:** Open 365 days

**Address:** 5-13-12 Ginza, Chuo City **Access:** Higashi-ginza (Subway)



Reservation required



WEBSITE

French/Italian foods  
MAP G-6



ACCESS MAP



## 10 Aloft Tokyo Ginza The WAREHOUSE

アロフト東京銀座 The WAREHOUSE

☎03-6278-8113 ¥3,000

<https://www.thewarehouseataloftginza.com/en/>

**Hours:** 7:00-10:30 (L.O. 10:00), 11:30-15:30 (L.O. 14:00), 18:00-22:00 (L.O. 21:00) (Mon-Fri), 7:00-10:30 (L.O. 10:00), 11:30-16:30 (L.O. 15:00), 18:00-22:00 (L.O. 21:00) (Sat, Sun, holidays) **Closed days:** Open 365 days

**Address:** Aloft Tokyo Ginza 2F, 6-14-3 Ginza, Chuo City **Access:** Higashi-ginza (Subway)



Reservation recommended



WEBSITE

Western foods  
MAP F-6



ACCESS MAP



## 11 SHABU SHABU · SUKIYAKI KINNOME GINZA

しゃぶしゃぶ・すき焼き 金の目 銀座本店

☎03-5568-8058 ¥6,500

<https://www.kinnome.jp/en/>

**Hours:** 15:00-23:15 (Mon-Fri), 13:00-23:15 (Sat, Sun, holidays) **Closed days:** Open 365 days

**Address:** Ginza Suga Bldg. 3F, 8-3-12 Ginza, Chuo City **Access:** Shimbashi (JR, Subway), Yurikamome, Ginza (Subway)



Reservation recommended



WEBSITE

Japanese foods  
MAP F-6



ACCESS MAP



## 12 Yuba Tofu Umenohana Ginza

湯葉と豆腐の店 梅の花 銀座並木通店

☎03-3538-2226 Lunch ¥4,300 Dinner ¥6,300

<https://www.umenohana.co.jp/stores/detail/20>

Hours: 11:00-16:00 (L.O. 15:00), 17:00-22:00 (L.O. 21:00)

Closed days: New Year holidays

Address: Ginza namikidori Bldg. 5F, 2-3-6 Ginza, Chuo City

Access: Yurakucho (JR, Subway), Ginza (Subway)



Reservation required

Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



## 13 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284 Lunch ¥4,000 Dinner ¥8,000

<https://yasaiya.tokyo/>

Hours: Please check the website

Closed days: Please check the website

Address: Akasaka Belgo 1F, 3-11-14 Akasaka, Minato City

Access: Akasaka-mitsuke (Subway), Akasaka (Subway)



Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



## 14 Azabujuban Yakuzen Curry Shinkai Honten

麻布十番 薬膳カレー 新海 本店

☎03-5545-5838 Lunch ¥1,400 Dinner ¥1,600

<https://en.azabucurry.com/>

Hours: 11:30-14:30 (L.O. 14:00), 17:00-2:00 (L.O. 1:00)

Closed days: Mon

Address: Higashi-Azabu Bldg. B1, 3-8-9 Higashi-Azabu,

Minato City Access: Azabu-juban (Subway)



Other foods

MAP E-6



WEBSITE



ACCESS MAP



## 15 Ichi Azabu

Ichi Azabu イチアザブ

☎03-6435-0248 Lunch ¥7,000 Dinner ¥13,000

<https://ichiazabu.com/en/>

Hours: 11:30-14:00 (L.O. 13:30), 18:00-22:00 (L.O. 21:00)

Closed days: Sun

Address: Aqua Court Azabu 2F, 3-4-5 Azabu-juban, Minato City

Access: Azabu-juban (Subway)



Reservation required 1 day (or 2 days for the five pungent vegetables-free menu) in advance

Japanese foods

MAP E-7



WEBSITE



ACCESS MAP



## 16 Shojin Cuisine DAIGO

精進料理 醍醐

☎03-3431-0811 Lunch ¥20,000 Dinner ¥25,000

[https://atago-daigo.jp/index\\_en.html](https://atago-daigo.jp/index_en.html)

Hours: 11:30-13:00 (L.O.), 17:00-20:00 (L.O.)

Closed days: New Year holidays Address: Atago Green Hills

Forest Tower, 2-3-1 Atago, Minato City Access: Kamiyacho

(Subway), Onarimon (Subway)



Reservation required

Japanese foods

MAP E-6



WEBSITE



ACCESS MAP



## 17 L for You

ブルテンフリー美腸活カフェL for You

☎03-6459-2504 Lunch ¥1,760 Dinner ¥2,200

<https://www.lforyou.tokyo/en>

Hours: 11:00-19:00 (Mon-Thu), 11:00-21:00 (Fri, Sat), 11:00-17:00

(Sun)\*L.O. food: 1 hr before closing, drink: 30 min. before closing

Closed days: New Year holidays Address: Ikegami Bldg. 1F, 3-9-3

Minami-Aoyama, Minato City Access: Omote-sando (Subway)



Reservation required for the five pungent vegetable-free menu

Café/Sweets

MAP D-6



WEBSITE



ACCESS MAP



## 18 enoak

「enoak」心と身体を慈しむライフスタイルカフェ

☎03-6805-0109 Lunch ¥2,000 Dinner ¥2,000

<https://enoak.jp>

Hours: 11:00-18:00

Closed days: Open 365 days (please check Instagram)

Address: Les Sta Kita-Aoyama 1F, 3-13-12 Kita-Aoyama,

Minato City Access: Omote-sando (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 19 CRISP SALAD WORKS ROPPONGI HILLS

クリスピーサラダワークス 六本木ヒルズ店

☎03-5422-8761 ¥1,800

<https://crisp.co.jp/>

Hours: 10:00-22:00 (Mon-Fri), 11:00-22:00 (Sat, Sun)

Closed days: Open 365 days

Address: Roppongi Hills Hillside 1F, 6-10-1 Roppongi,

Minato City Access: Roppongi (Subway)



Other foods

MAP D-6



WEBSITE



ACCESS MAP



## 20 CHAYA Macrobi Shiodome

CHAYA マクロビ 汐留

☎03-3573-3616 Lunch ¥1,200 Dinner ¥2,500

<https://chayam.co.jp/english/>

Hours: 7:00-10:00 (L.O. 9:30)(Mon-Fri), 11:00-21:00 (L.O. 20:30)

Closed days: Open 365 days Address: The Royal Park Hotel Iconic

Tokyo Shiodome 1F, 1-6-3 Higashi-Shinbashi, Minato City Access:

Shimbashi (JR, Subway, Yurikamome), Shiodome (Subway, Yurikamome)



French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



## 21 KOJI SPECIALITY MURO Kagurazaka

麹専門店 MURO 神楽坂

☎03-5579-2910 ¥1,500

<https://kojidrink.jp/en>

Hours: 11:00-19:00

Closed days: Tue

Address: 1F, 1-12-6 Kagurazaka, Shinjuku City

Access: Iidabashi (JR, Subway)



Other foods

MAP E-3



WEBSITE



ACCESS MAP



## 22 & sandwich.

アンドサンドイッチ

☎03-6709-9455 ¥1,200

<https://www.andsandwich.tokyo/>

**Hours:** 9:00-16:00 (L.O. 15:00)(Tue-Fri), 9:00-17:00 (L.O. 16:00) (Sat, Sun, holidays) **Closed days:** Mon (or the following Tue when Mon falls on a national holiday) **Address:** Sukira goyen 1F, 1-5-7 Shinjuku, Shinjuku City **Access:** Shinjuku-gyoemmae (Subway)



WEBSITE



ACCESS MAP



Café/Sweets  
MAP C-4

## 23 Green Italian TORCIA

グリーンイタリアントルチャ

☎03-3357-0014 Lunch ¥3,000 Dinner ¥5,000

<https://chayam.co.jp/english/>

**Hours:** Please check the website  
**Closed days:** Varies depending on the facility  
**Address:** Shinjuku Isetan Main Bldg. 7F, 3-14-1 Shinjuku, Shinjuku City **Access:** Shinjuku-sanchome (Subway)



WEBSITE



ACCESS MAP



Italian foods  
MAP C-4

## 24 Mazilu Halal Beef Noodle Shinjuku

馬子禄牛肉面新宿店

☎03-6265-9680 Lunch ¥1,050 Dinner ¥1,250

<https://lanzhou-lamian.com/en/>

**Hours:** 11:30-15:30, 17:30-22:00 (Mon-Thu, Sun, holidays), 11:30-15:30, 17:30-2:30 (Fri, Sat, the day before a national holiday) **Closed days:** Please check the website **Address:** Hanroku Bldg. 1F, 2-1-2 Kabukicho, Shinjuku City **Access:** Higashi-shinjuku (Subway), Shinjuku-sanchome (Subway)



WEBSITE



ACCESS MAP



Noodles/Ramen  
MAP C-4

## 25 Waseda Okinawa Shokudo

わせた沖縄食堂

☎03-3208-4516 Lunch ¥1,200 Dinner ¥1,200

<https://tabelog.com/en/tokyo/A1305/A130504/13000103/>

**Hours:** 11:30-23:00 (L.O. 22:00)  
**Closed days:** Mon, New Year holidays  
**Address:** 1-8-18 Nishi-Waseda, Shinjuku City  
**Access:** Waseda (Subway, Toden)



ACCESS MAP



Other foods  
MAP D-3

## 26 Shiboriya 935 smoothie & salad

搾り屋 935 スムージー&サラダ

☎03-3816-1071 ¥1,250

[https://www.instagram.com/hongo\\_shiboriya/](https://www.instagram.com/hongo_shiboriya/)

**Hours:** 8:00-18:00 (Mon-Fri), 9:30-18:00 (Sat, holidays)  
**Closed days:** Sun  
**Address:** 3-28-4 Hongo, Bunkyo City  
**Access:** Hongo-sanchome (Subway)



WEBSITE



ACCESS MAP



Other foods  
MAP F-3

## 27 Ryotei Kinsui / Hotel Chinzanso Tokyo

料亭 錦水 / ホテル椿山荘東京

☎03-3943-5489 Lunch ¥25,800 Dinner ¥25,800

<https://www.hotel-chinzanso-tokyo.com/dining/kinsui/>

Hours: 11:30-22:00 (L.O. 20:00)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



Reservation required  
7 days in advance (dinner)



WEBSITE

Japanese foods

MAP D-2



ACCESS MAP



## 28 Asakusa Tofa Daio

浅草豆花大王

☎03-5849-4580 ¥1,000

[https://www.instagram.com/tofa\\_king/](https://www.instagram.com/tofa_king/)

Hours: 12:00-20:00 (Mon-Fri), 11:00-19:00 (Sat, Sun, holidays)

Closed days: Tue

Address: 4-43-4 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



Reservation required  
7 days in advance (dinner)



WEBSITE

Café/Sweets

MAP H-2



ACCESS MAP



## 29 Gyoza Bar Keisuke

Gyoza Bar けいすけ

☎090-2680-4013 Dinner ¥2,000

[https://instagram.com/gyoza\\_k/](https://instagram.com/gyoza_k/)

Hours: 18:00-2:00 (L.O. 1:00)

Closed days: Mon, Tue

Address: Maison Fuji, 4-18-7 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



Reservation required  
7 days in advance (dinner)



WEBSITE

Café/Other foods

MAP H-2



ACCESS MAP



## 30 YOROIYA

浅草名代らーめん 与ろみ屋

☎03-3845-4618 ¥1,400

<https://gurunavi.com/en/g371100/rst/>

Hours: 11:00-20:30

Closed days: Open 365 days

Address: 1-36-7 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



Reservation required  
7 days in advance (dinner)



WEBSITE

Noodles/Ramen

MAP H-2



ACCESS MAP



## 31 Sakuranabe Nakae

桜なべ中江

☎03-3872-5398 ¥4,440

<https://sakuranabe.com/>

Hours: 17:00-22:00 (L.O. 21:30) (Tue-Fri), 11:30-15:00 (L.O. 13:30), 16:00-21:00 (L.O. 20:30) (Sat, Sun)

Closed days: Mon (for the following Tue when Mon falls on a national holiday), other non-fixed holidays (please check the website) Address: 1-9-2 Nihonzutsumi, Taito City Access: Minowa (Subway)



Reservation recommended



WEBSITE

Japanese foods

MAP H-1



ACCESS MAP



## 32 GRAPHY NEZU CAFE&LOUNGE

GRAPHY NEZU CAFE&LOUNGE

☎03-3828-7377 ¥1,200

<https://www.livelyhotels.com/en/hotelgraphy/eat/drink/>

**Hours:** 7:30-11:00 (L.O. 10:30), 11:00-14:00, Teatime  
14:00-17:00, 17:00-22:00 (L.O. 21:30) **Closed days:** Open  
365 days **Address:** HOTEL GRAPHY NEZU, 4-5-10 Ikenohata,  
Taito City **Access:** Nezu (Subway)



Café/Sweets  
MAP G-2



WEBSITE



ACCESS MAP



## 33 asakusa guraku

浅草たい焼き工房 求楽

☎070-4037-0101 ¥250

<https://guraku.jp/english/>

**Hours:** 11:00-18:00  
**Closed days:** No fixed holiday  
**Address:** 2-3-2 Nishi-Asakusa, Taito City  
**Access:** Tawaramachi (Subway), Asakusa (Subway, Tobu, TX)



Café/Sweets  
MAP H-2



WEBSITE



ACCESS MAP



## 34 Yuba Tofu Umenohana Ueno

湯葉と豆腐の店 梅の花 上野広小路店

☎03-3834-7712 Lunch ¥4,300 Dinner ¥6,300

<https://www.umenohana.co.jp/stores/detail/19>

**Hours:** 11:00-16:00 (L.O. 15:00), 17:00-22:00 (L.O. 21:00)  
**Closed days:** New Year holidays **Address:** Hulic Ueno-Hirokoji  
Bldg. 5F, 1-20-11 Ueno, Taito City **Access:** Ueno-hirokoji  
(Subway), Ueno-okachimachi (Subway), Okachimachi (JR)



Reservation required

Japanese foods  
MAP G-3



WEBSITE



ACCESS MAP



## 35 OIMO

御芋-OIMO-

☎03-6693-4117 ¥1,000

<https://oimo.supersale.jp/>

**Hours:** 11:00-18:00  
**Closed days:** Mon, Tue, Wed (Open on public holidays)  
**Address:** 1-10-5 Narihira, Sumida City  
**Access:** Oshiage (Subway, Keisei, Tobu)



Café/Sweets  
MAP I-3



WEBSITE



ACCESS MAP



## 36 Natural Food Restaurant Genkitei

自然食れすとらん元氣亭

☎03-3632-3933 Lunch ¥1,100

<https://www.genmaikoso.co.jp/health/genkitei/>

**Hours:** 11:30-14:30 (L.O. 14:00)  
**Closed days:** Sat, Sun, holidays (please check the website)  
**Address:** Daini Koso Bldg. [ECOLO] 2F, 3-24-10 Ryogoku,  
Sumida City **Access:** Ryogoku (JR, Subway)



Other foods  
MAP H-4



WEBSITE



ACCESS MAP



## 37 CABE MEGURO Indonesian Restaurant

インドネシア料理 チャペ目黒店

☎03-6432-5748 Lunch ¥1,200 Dinner ¥3,000

<https://cabe-eco.com/en/home-en/>

Hours: 11:30-15:00 (L.O. 14:30), 17:30-22:30 (L.O. 22:00)

Closed days: Sun, holidays

Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kami-Osaki, Shinagawa City Access: Meguro (JR, Subway, Tokyo)



Asian/Ethnic foods

MAP D-8



WEBSITE



ACCESS MAP



## 38 NagiCrepe

NagiCrepe

¥1,000

<https://www.instagram.com/nagicrepe/>

Hours: 13:00-19:00 (Mon, Tue, Fri), 12:00-19:00 (Sat, Sun, holidays)

Closed days: Wed, Thu Address: Ludens Togoshi 102, 1-4-18 Yutakacho, Shinagawa City Access: Togoshi (Subway), Togoshi-ginza (Tokyu)



Café/Sweets

MAP D-9



WEBSITE



ACCESS MAP



## 39 News Cafe

ニュースカフェ

☎03-3725-6450 Lunch ¥1,130 Dinner ¥2,000

<https://www.instagram.com/newscafetokyo/>

Hours: 12:00-20:00 (L.O. 19:00)(Mon, Thu-Sat), 12:00-19:00 (L.O. 18:00)(Sun, holidays)

Closed days: Tue, Wed Address: Hakkou Bldg. 401, 2-9-11 Jiyugaoka, Meguro City Access: Jiyugaoka (Tokyu)



Western foods

MAP A-10



WEBSITE



ACCESS MAP



## 40 Premarché Gelateria

プレマルシェ・ジェラテリア東京 中目黒駅前店

☎03-6303-0141 ¥900

<https://gelato.organic/>

Hours: 12:00-20:00 Closed days: Thu

Address: Meguro Ginza Bldg. 1F, 2-9-36 Kami-Meguro, Meguro City

Access: Naka-meguro (Subway, Tokyu)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 41 Mughlai Cuisine Restaurant Mashal

インド宮廷料理 Mashal

☎03-6450-0177 Lunch ¥1,600 Dinner ¥3,500

<https://en.mashal.jp/>

Hours: 11:00-15:00 (L.O. 14:30)(Mon-Fri), 11:00-16:00 (L.O. 15:30)(Sat, Sun, holidays), 17:00-21:30 (L.O.)

Closed days: New Year holidays Address: Luz Omori 3F, 1-10-14 Omori-Kita, Ota City Access: Omori (JR)



Indian cuisine

MAP K-10



WEBSITE



ACCESS MAP



## 42 medel deli okusawa

メデルデリ奥沢店

☎03-6425-8272 ¥2,250

<https://www.medeldeli.jp/okusawa>

Hours: 9:00-17:00 Closed days: Mon, Tue

Address: Parks Waros 01-101, 2-41-17 Higashi-Tamagawa, Setagaya City

Access: Okusawa (Tokyu), Den-en-chofu (Tokyu)



Café/Sweets

MAP K-10



WEBSITE



ACCESS MAP



## 43 cafe Stay Happy

カフェステイハッピー

☎03-3410-5959 Lunch ¥1,500 Dinner ¥2,000

[https://cafestayhappy.com/?page\\_id=273](https://cafestayhappy.com/?page_id=273)

Hours: 12:00-21:00 (Mon, Wed-Sat), 12:00-20:00 (Sun)

Closed days: Tue, 2nd Wed

Address: Miyagawa Bldg. 2F, 2-29-14 Daizawa, Setagaya City Access: Shimo-Kitazawa (Odakyu, Keio)



Café/Sweets

MAP A-6



WEBSITE



ACCESS MAP



## 44 Yasai no Ousama Yoga

やさいの王様 用賀店

☎03-6805-6685 Lunch ¥1,800 Dinner ¥3,000

[https://www.forrest-fooding.com/management-store/vegetable-dining/yasai\\_yoga/](https://www.forrest-fooding.com/management-store/vegetable-dining/yasai_yoga/)

Hours: 11:00-17:00, 17:00-22:00 (L.O. 21:00)

Closed days: Varies depending on the facility

Address: Setagaya Business Square Terrace 1 1F, 4-10-1 Yoga, Setagaya City Access: Yoga (Tokyu)



Reservation recommended

Western foods

MAP J-9



WEBSITE



ACCESS MAP



## 45 Tokitarazu

Tokitarazu

☎03-6277-1577 Lunch ¥1,500 Dinner ¥6,000

<https://tokitarazu.com/en/>

Hours: 11:30-15:00 (L.O. 14:30), 17:30-23:00 (L.O. 22:00)

(Mon-Sat), 11:30-15:00 (L.O. 14:30)(holidays) Closed

days: Sun, mid-August (Obon), New Year holidays Address: 1-4-10 Hiroo, Shibuya City Access: Ebisu (JR, Subway)



Reservation required (for vegan menu<dinner only>)

Japanese foods

MAP C-7



WEBSITE



ACCESS MAP



## 46 medel deli ebisu

メデルデリ恵比寿店

☎03-6427-8580 ¥2,250

<https://www.medeldeli.jp/>

Hours: 9:00-19:00 (Mon-Sat), 10:00-19:00 (Sun, holidays)

Closed days: New Year holidays

Address: Premiere Ebisu 1F, 1-17-1 Ebisu-Nishi, Shibuya City Access: Ebisu (JR, Subway), Daikan-yama (Tokyu)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 47 LONGING HOUSE Gaitemmae

野菜がおいしいバル LONGING HOUSE 外苑前

☎03-6433-5808 Lunch ¥1,800 Dinner ¥4,500

<https://www.longinghouse.com/>

Hours: 11:30-14:30 (L.O. 14:00), 17:30-22:30 (Food L.O. 21:30, Drink L.O. 22:00)

(Tue-Fri), 11:30-15:00 (L.O. 14:30), 18:00-21:30 (L.O. 21:00)(Sat, Sun, holidays)

Closed days: Mon(only the following Tue when Mon falls on a national holiday) Address: ESPERANZA JINGUMAE 1F, 3-41-6 Jingumae, Shibuya City Access: Gaitemmae (Subway)



French/Italian foods

MAP C-5



WEBSITE



ACCESS MAP



## 48 FOOD CONCEPT SHOP MOMINOKI HOUSE

モミノキハウス

☎03-3405-9144 Lunch ¥1,700 Dinner ¥3,000

[https://www.mominoki-house.net/index\\_en.html](https://www.mominoki-house.net/index_en.html)

Hours: 11:00-15:00 (L.O. 14:00), 17:00-22:00 (L.O. 21:30)

Closed days: Mon

Address: 2-18-5 Jingumae, Shibuya City

Access: Meiji-jingumae<Harajuku> (Subway)



Other foods

MAP C-5



WEBSITE



ACCESS MAP



## 49 Salad Deli MARGO

サラダデリマルゴ 西新宿五丁目本店

☎03-5302-1808 Lunch ¥1,300 Dinner ¥1,300

<https://margo.co.jp/>

Hours: 10:00-22:00 (Mon-Fri), 10:00-21:00 (Sat, Sun, holidays)

Closed days: New Year holidays

Address: 3-9-3 Honmachi, Shibuya City

Access: Nishi-shinjuku-gocho (Subway)



Other foods

MAP B-4



WEBSITE



ACCESS MAP



## 50 F&P Smoothie Cafe AOYAMA

F&P スムージーカフェ青山店

☎03-6805-0480 ¥990

<http://fcoandpomum.com/>

Hours: 8:00-20:00 Closed days: New Year holidays, varies depending on the facility

Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae, Shibuya City Access: Omote-sando (Subway)



Cafe/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 51 TREE by NAKED Meiji Park

TREE by NAKED Meiji Park

☎050-1754-8044 ¥1,800

[https://www.instagram.com/treebynaked\\_meijipark/](https://www.instagram.com/treebynaked_meijipark/)

Hours: 9:00-17:00 (L.O. 16:30) Closed days: Wed

Address: THE COURT JINGU GAEN 1F, 2-2-39 Jingumae, Shibuya City

Access: Gaitemmae (Subway), Kokuritsu-kyogijo (Subway)



Other foods

MAP D-5



WEBSITE



ACCESS MAP



52

**Jikasei MENSHO**

Jikasei MENSHO

☎03-5489-3880 **¥1,100**<https://menya-shono.com/parco/>**Hours:** 11:00-23:00 (L.O. 22:00) **Closed days:** No fixed holiday, varies depending on the facility**Address:** Shibuya PARCO B1, 15-1 Udagawacho, Shibuya City **Access:** Shibuya (JR, Subway, Tokyu, Keio)

Noodles/Ramen

MAP C-6



WEBSITE



ACCESS MAP



53

**Milan Nataraj Shibuya**

ミラン・ナタラジ 渋谷店

☎03-6416-9022 **Lunch ¥1,390 Dinner ¥2,500**<https://nataraj.co.jp/en/>**Hours:** 11:30-23:00 (L.O. 22:30)**Closed days:** New Year holidays**Address:** Iwamoto Bldg. 3F, 1-22-7 Jinnan, Shibuya City**Access:** Shibuya (JR, Subway, Tokyu, Keio)

Asian/Ethnic foods

MAP C-6



WEBSITE



ACCESS MAP



54

**THE MATCHA TOKYO SHIBUYA MIYASHITA PARK**

THE MATCHA TOKYO 渋谷ミヤシタパーク

☎03-6805-0687 **Lunch ¥1,000 Dinner ¥1,000**<https://www.the-matcha.tokyo/en>**Hours:** 11:00-21:00 **Closed days:** Varies depending on the facility**Address:** RAYARD MIYASHITA PARK South 2F, 6-20-10 Jingumae, Shibuya City **Access:** Shibuya (JR, Subway, Tokyu, Keio)

Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



55

**aburimiso ramen shinbusakiya**

炙り味噌らーめん 麺匠真武 渋谷店

☎03-6416-3778 **Lunch ¥1,600 Dinner ¥2,200****Hours:** 11:00-3:30 (Mon), 11:00-4:30 (Tue-Thu, Sun), 11:00-6:30 (Fri, Sat) **Closed days:** No fixed holiday**Address:** 2-10-3 Dogenzaka, Shibuya City**Access:** Shibuya (JR, Subway, Tokyu, Keio), Shinsen (Keio)

Noodles/Ramen

MAP C-6



ACCESS MAP



56

**Nataraj Ogikubo**

自然派インド料理 ナタラジ 荻窪店

☎03-3398-5108 **Lunch ¥1,390 Dinner ¥2,300**<https://nataraj.co.jp/en/>**Hours:** 11:00-22:30 (L.O. 22:00)**Closed days:** New Year holidays**Address:** Fukumura Sangyo Bldg. B1, 5-30-6 Ogikubo, Suginami City **Access:** Ogikubo (JR, Subway)

Other foods

MAP J-8



WEBSITE



ACCESS MAP



57

**TSUMUGU CAFE**

TSUMUGU CAFE ~台湾茶とベジフードのおみせ~

☎03-5927-8889 Lunch ¥1,000 Dinner ¥1,000

<https://tsumugu-cafe.storeinfo.jp>

Hours: 11:30-15:30 (L.O. 15:00) (Wed-Fri), 13:00-18:00 (L.O. 17:30) (Sat, Sun) **Closed days:** Mon, Tue (Please check the website for other non-fixed holidays) **Address:** 1F, 3-36-20 Nishi-Ikebukuro, Toshima City **Access:** Ikebukuro (JR, Subway, Tobu, Seibu)



Café/Sweets  
MAP C-1



WEBSITE



ACCESS MAP



58

**Saffron Ikebukuro**

サフラン池袋

☎03-5952-5676 Lunch ¥1,380 Dinner ¥1,800

<https://www.saffron-dining.com/>

Hours: 11:30-15:00 (L.O. 14:30), 17:30-22:00 (L.O. 21:30) **Closed days:** Tue, Dec.31-Jan.2 **Address:** Takuto T.O. Bldg. 201, 1-28-1 Higashi-Ikebukuro, Toshima City **Access:** Ikebukuro (JR, Subway, Tobu, Seibu), Higashi-ikebukuro (Subway)



Indian cuisine  
MAP D-1



WEBSITE



ACCESS MAP



59

**TAKAGIYA**

TAKAGIYA

☎03-5980-8733 Lunch ¥1,000 Dinner ¥1,000

<http://www.takagi-ya.co.jp>

Hours: 10:00-18:30 (L.O. 18:00), 10:00-19:00 (take out) **Closed days:** Mon (or the following Tue when Mon falls on a national holiday or an event is held) **Address:** Mitsuwa Bldg. 102, 2-9-26 Sugamo, Toshima City **Access:** Sugamo (JR, Subway)



Café/Sweets  
MAP E-1



WEBSITE



ACCESS MAP



60

**Carrot cake store: Cherish Foods**

キャロットケーキ専門店 Cherish Foods

¥1,000

<https://cherishfoods.wixsite.com/home>

Hours: 11:00-17:00  
**Closed days:** Mon, Tue, Sun  
**Address:** 4-6-4 Tabata, Kita City  
**Access:** Komagome (JR, Subway)



Café/Sweets  
MAP F-1



WEBSITE



ACCESS MAP



61

**Momotaro**

匂材 地酒処 桃太郎

☎03-3931-9609 Dinner ¥6,600

<https://www.instagram.com/toubunerimamomotarou/>

Hours: 17:00-23:00 (L.O. 21:30)  
**Closed days:** Mon, Tue  
**Address:** 2-25-9 Kitamachi, Nerima City  
**Access:** Tobu-Nerima (Tobu)



Reservation required

Izakaya/Bar  
MAP K-8



WEBSITE



ACCESS MAP



## 62 Green Green Korean Dining

Green Green Korean Dining

☎0422-29-9905 Lunch ¥1,200 Dinner ¥3,000

<https://greengreen.owst.jp/en/>

**Hours:** 11:30-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:00)  
(Mon-Fri, Sun, holidays), 11:30-23:00 (L.O. 22:00)(Sat) **Closed**  
**days:** Open 365 days **Address:** Inokashira Bldg. 2F, 1-4-1  
Kichijoji Minamicho, Musashino City **Access:** Kichijoji (JR, Keio)



Reservation  
recommended

Asian/Ethnic foods

MAP J-9



WEBSITE



ACCESS MAP



## 63 momento

momento

☎070-4002-5496 Lunch ¥2,800 Dinner ¥6,000

<https://sites.google.com/view/momentoitalian>

**Hours:** 11:30-14:30, 17:30-21:30

**Closed days:** Mon, Sun

**Address:** Gotenya Flat 1F, 1-3-9 Gotenya, Musashino  
City **Access:** Kichijoji (JR, Keio)



Italian foods

MAP J-9



WEBSITE



ACCESS MAP



## 64 Cafe Slow

Cafe Slow

☎042-401-8505 ¥1,600

<https://cafeslow.com/>

**Hours:** 11:00-17:00 (Lunch L.O. 14:30, Teatime L.O. 16:30) \*Closed at  
15:30 on Saturdays when there are events in the store. **Closed days:**  
Mon (or the following Tue when Mon falls on a national holiday) **Address:**  
2-20-10 Higashi-Motomachi, Kokubunji City **Access:** Kokubunji (JR, Seibu)



Other foods

MAP J-9



WEBSITE



ACCESS MAP



## 65 ZeN shop

ゼンショップ

Lunch ¥1,000

[https://www.instagram.com/zen\\_bulk/](https://www.instagram.com/zen_bulk/)

**Hours:** 9:00-16:00 (L.O. 15:30)

**Closed days:** Mon, Thu, Fri

**Address:** 1-11-13 Chuocho, Higashi-Kurume City  
**Access:** Higashi-Kurume (Seibu)



Café/Sweets

MAP J-8



WEBSITE



ACCESS MAP



## 66 Awa

奥多摩リバーサイドカフェawa

☎0428-74-9947 Lunch ¥1,500 Dinner ¥1,500

<https://www.instagram.com/cafeawa/>

**Hours:** 11:00-16:00 (L.O. 15:30) **Closed days:** Mon, Tue

(Open on public holidays), From December to March

**Address:** 54-1 Kawai, Okutama Town, Nishitama Gun

**Access:** Mitake (JR)



Café/Sweets

MAP H-8



WEBSITE



ACCESS MAP



# Category 3

Restaurants in this category are vegetarian\*-friendly.  
SOME of their menu items are free from the ingredients below.

\* A vegetarian, as referred to in this guidebook, is a person who avoids all animal products (meat, fish, crustacean, shellfish, etc.), in addition to animal-derived broth and seasonings, with the exception of eggs, dairy, and honey.



No meat



No fish



No crustaceans



No shellfish

For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 Single O Kanda Awaji

SINGLE O KANDA AWAJI

☎03-5244-4346 ¥1,500

<https://singleo.jp/>

**Hours:** 8:00-21:00 (lunch L.O. 14:30)(Mon-Fri), 9:00-18:00 (lunch L.O. 15:30) (Sat, Sun) **Closed days:** New Year holidays **Address:** Waterras Tower 3F, 2-101 Kanda-Awajicho, Chiyoda City **Access:** Ochanomizu (JR, Subway), Shin-Ochanomizu (Subway), Ogawamachi (Subway), Akihabara (JR, Subway, TX)



WEBSITE



ACCESS MAP

Café/Sweets  
MAP G-3



## 2 DESI TANDOOR B.B.Q.

DESI TANDOOR B.B.Q.

☎03-6661-6248 Lunch ¥1,000 Dinner ¥3,000

<https://savorjapan.com/0004030067/>

**Hours:** 11:00-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:30)

**Closed days:** New Year holidays

**Address:** 1-11-9 Nihonbashi Horidomecho, Chuo City

**Access:** Ningyocho (Subway), Kodenmacho (Subway)



WEBSITE



ACCESS MAP

Indian Cuisine  
MAP G-4



## 3 IKEA Shibuya Swedish Bistro

IKEA 渋谷 スウェーデンビストロ

☎050-4560-0494 ¥140

<https://www.ikea.com/jp/en/stores/shibuya/>

**Hours:** 10:00-21:00 (L.O. 20:30)

**Closed days:** Depending on the building inspection days

**Address:** Takagi Bldg., 24-1 Udagawacho, Shibuya City

**Access:** Shibuya (JR, Subway, Tokyo, Keio)



WEBSITE



ACCESS MAP

Other foods  
MAP C-6



# Edible **Vegan** & **Vegetarian** Souvenirs from Tokyo

Tokyo offers countless souvenir options, but you might be wondering whether they contain animal-derived ingredients. Here are some traditional Japanese sweets and popular products made primarily from plant-based ingredients, making them great choices for vegans and vegetarians.

\*Please be aware that some items in some stores may contain animal products.

## Kaminari Okoshi



**Lightly sweet with an addictive crispy texture!**

An Asakusa specialty first sold in 1795 when Sensoji Temple's Kaminarimon was rebuilt. Made with roasted and puffed glutinous rice, peanuts and sugar, it's said to bring prosperity and success to your family.

### ✓ **Peanuts**

Nutritious and flavorful with a wonderful aroma and texture. Neighboring Chiba is a major production area.

## Imo Yokan (Sweet Potato Jelly)



**Simple traditional sweet with natural sweet potato flavor**

A classic Tokyo souvenir made by mixing sweet potatoes with sugar and salt, then chilling until firm. It originated in Meiji times as a more affordable form of yokan.

### ✓ **Sweet potato**

Japanese sweet potatoes, like Kagoshima's famous Anno-imo and Beni-haruka, are known for their intense sweetness and creamy texture.

## Kumi-ame (Patterned Candy)



**The same design in every slice**

A traditional Japanese candy craft from the mid-Edo period, also called Kintaro-ame. Colored candies are combined and stretched to create tasty patterned cylinders.

### ✓ **Mizuame (starch syrup)**

Less sweet than sugar and easy to shape into different colors and forms, mizuame has long been a favorite treat for children.

## Gently sweet traditional fried treats with a crispy-fluffy texture

Deep-fried wheat dough sticks coated in brown sugar, widely sold in supermarkets and convenience stores. Their roots trace back to Chinese sweets from the eighth century.

### ✓ Brown sugar

Rich in minerals like potassium, calcium, and iron, with a subtle tartness and bitterness and a caramel-like flavor.

## Karinto (Fried Dough Sticks)



## Crunchy texture with mild sweetness

A Tokyo specialty made by lightly pickling salted daikon. It's sold at around 30 stalls at Bettarichi, a traditional autumn market in Nihonbashi held since Edo times (now usually around October).

### ✓ Daikon radish

High in moisture and mildly sweet, daikon is a Japanese favorite, enjoyed year-round in salads, in simmered dishes, as pickles, and many other ways.

## Bettara-zuke (Sweet Pickled Daikon)



## Fragrant, naturally sweet, and hard to resist

Popular gifts since Japan's first specialty shop opened in Asakusa in 1910, they are made by roasting chestnuts, mainly harvested in China's Hebei Province, in a mix of gravel and sugar water.

### ✓ Chestnuts

Prized by samurai for summoning victory in battle, chestnuts are a classic autumn ingredient in Japan, often enjoyed in chestnut rice.

## Amaguri (Roasted Chestnuts)



## Japan's traditional rice-based brew, cherished since ancient times

Made by fermenting rice and koji, sake offers diverse flavors and has long been part of Japanese ceremonies and celebrations. Some Tokyo breweries have existed for over 400 years.

### ✓ Rice

Japanese rice is known for its moist, chewy texture that pairs well with any dish. Major producers include Niigata and Hokkaido.

## Sake

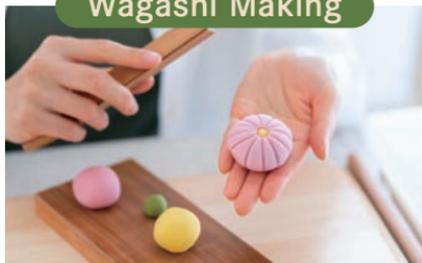


# Experience Japanese Traditional Culture and Create Your Own Authentic Souvenir!



While in Tokyo, why not try a hands-on craft experience like pottery or traditional sweet-making? Deepen your appreciation of Japanese culture and create unforgettable travel memories with your own one-of-a-kind souvenir.

## Wagashi Making



### Create beautiful traditional sweets yourself!

Some wagashi shops offer hands-on lessons where you'll craft these artful treats under expert guidance. You can often enjoy your creations with matcha green tea afterwards.

Mainly made from plant-based ingredients like rice and red beans, wagashi range from daily treats to refined sweets for tea ceremonies and celebrations.

## Pottery Making



### Express your creativity through clay

At pottery studios, you can try your hand at shaping clay and firing your piece in a kiln. Create plates, vases, and more using a pottery wheel or hand-building techniques.

Japan's regional pottery traditions, like Arita-yaki, Kutani-yaki, and Bizen-yaki, are widely celebrated for their functionality and artistry.

## Kintsugi



### Beautifully restore broken pottery with gold and lacquer

By highlighting cracks, kintsugi turns flaws into art. Try it at lacquerware shops and discover wabi-sabi, the Japanese aesthetic of finding beauty in imperfection and age.

Developing alongside tea culture, this centuries-old tradition embodies the Japanese spirit of preserving and not wasting cherished items.

## Edo Furin Making



### Blow or paint your own wind chime!

Create a personalized keepsake by blowing molten glass into the classic bell shape of a traditional Edo furin glass wind chime or paint your own design onto a plain glass version.

Usually hung from eaves in summer, these glass wind chimes produce a light, tinkling sound in the breeze that is believed to ease the heat.

# POINT-AND-ASK GUIDE

I do not eat...

私はチェックしているものが  
食べられません。



Please check the items that you are unable to eat.

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚肉 Pork		牛肉 Beef		鶏肉 Chicken		魚類 Fish	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚だし Pork Stock		牛だし Beef Stock		鶏だし Chicken Stock		魚だし Fish Stock	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
貝 Shellfish		甲殻類 Crustacean		卵 Egg		はちみつ Honey	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
乳製品 Dairy		砂糖 Sugar		アルコール Alcohol		そば Soba (Buckwheat)	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<b>五葷</b> (タマネギ・ラッキョウ・ネギ・ニンニク・ニラ) Five Pungent Vegetables (onion, scallion, green onion, garlic, leek)	
グルテン(小麦) Gluten		大豆 Soy					
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> For other items, write the name and draw the symbol here.			
ナッツ Nuts		油 <sup>*1</sup> Oil					

\*1: Vegan/vegetarian food is cooked in separate oil.

Staying calm and taking the necessary steps

# What to Do in an Emergency

This information will help you in the event of disasters such as earthquakes, storms, floods, fires, theft, lost items, and other emergencies.

## Earthquakes

### ●What to do

If you feel shaking from an earthquake, remain calm and take steps to protect your body. Act in an orderly manner; do not panic or run.



### ●How to protect yourself (Indoors)

Watch out for objects that may fall or topple over. Stay away from anything made of glass such as windows, TVs, or furniture, and protect your body by crouching under a table, etc. Once the shaking has subsided, make sure the gas is turned off and there are no sources of fire. Open doors or windows so that you can evacuate if necessary. Wear slippers or shoes indoors if there are fallen objects.

### (Outdoors)

Make sure you are not near any objects that may fall or topple over. Protect your head using your bag, etc. If you are inside an underground shopping complex and the power goes out, do not panic or rush for the exit. Instead, wait for the shaking to subside and then move along the walls toward the emergency exit.

### ●If you are inside an elevator

As soon as you feel any shaking, press the buttons for all of the floors and get off wherever the elevator stops. If you are trapped inside the elevator, use the intercom to call for help. Do not use elevators to evacuate, since you can become trapped inside due to aftershocks or power outages.

### ●Watch out for tsunamis!

An earthquake may be followed by a tsunami. Stay away from waterfronts and low-lying ground. If you are near the sea, immediately flee toward nearby high ground, a tsunami evacuation building, or a taller structure. Tsunamis can also travel against the current of a river. Flee in a direction perpendicular to the river.



### ●Watch out for aftershocks!

A strong earthquake may be followed by multiple aftershocks. Be careful, as aftershocks may cause landslides or the collapse of buildings.

## Storms/Floods & Heatstroke

### ●Heavy Rain/Violent Storms

Pay attention to weather information. In the event of heavy rain, stay away from rivers and underpasses. If you are near a cliff, watch out for landslides. If you are in an underground area and there is a danger of flooding, move to a safe location above ground.

### ●Tornadoes

If you are indoors, close any storm shutters and/or curtains, move away from the windows, and crouch under a sturdy table, etc. If you are outdoors, take shelter inside a sturdy structure or an underground facility, and wait for the tornado to pass.

### ●Typhoons

Typhoon season is from May to October, peaking in July–September. In a typhoon, avoid bodies of water and secure all windows and doors. Check your local evacuation plan in case of severe flooding.

### ●Heat Safety

Stay hydrated, replenish salt levels, and use a hat or parasol for sun protection. If you experience symptoms of heatstroke, move to a cool place, cool your body down, and rehydrate with water and salt. If symptoms don't improve, call 119.

## Evacuation Shelters

### ●What are evacuation shelters?

Evacuation shelters are spaces that temporarily accept and shelter people who have been forced to leave their homes due to a disaster. They also provide disaster-related information and essential supplies like water. Evacuation shelters are usually located inside a public facility such as a school and accept foreigners.

### ●Notes on evacuating

When evacuating, travel on foot and take as little with you as possible. Make sure you have valuables such as your passport or residence card, mobile phone, and charger.

### ●Evacuation signage for different types of disasters

When walking around Tokyo, you will see many signs with locations or facilities where you should evacuate. When you are near rivers or the sea, also keep an eye out for signage on how to escape a tsunami.



Evacuation Area



Evacuation Shelter



Tsunami Evacuation  
Area



Tsunami Evacuation  
Building

## Emergency Information in Foreign Languages

### Online Information

#### ●Safety tips [Multilingual]

A disaster information app for foreign travelers in Japan provided by the Japan Tourism Agency. You can get push notifications for earthquake early warnings and tsunami warnings, as well as emergency weather warnings for heavy rain, etc. and volcanic eruption information issued for Japan. The app also provides a flowchart for what to do during evacuation, helpful links such as a list of embassies, and communication cards to use if you cannot communicate in Japanese.



Android



iOS

**Android** <https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

**iOS** <https://apps.apple.com/app/safety-tips/id858357174>

#### ●Tokyo Metropolitan Government Disaster Prevention Website [Multilingual]

<https://www.bousai.metro.tokyo.lg.jp>



#### ●Japan Visitor Hotline [Multilingual]

Japan National Tourism Organization (JNTO) operates a visitor hotline 24 hours a day, 365 days a year. Please feel free to call for tourist information or assistance in case of accidents or emergencies.



**☎ 050-3816-2787**  
(24 hours a day)

<https://www.japan.travel/en/plan/hotline/>

### In case of theft or loss...

Contact the respective operating company if you accidentally left an item on a train or bus or inside a taxi. Report the matter to the police, who will issue a certificate of theft or loss.

#### ●If your passport is stolen or lost

Contact your country's embassy or consulate to have the passport invalidated and issue an emergency passport or travel document for returning to your home country.

[https://www.mofa.go.jp/about/emb\\_cons/protocol/](https://www.mofa.go.jp/about/emb_cons/protocol/)



#### ●If your credit card is stolen or lost

Immediately call the credit card company's emergency hotline to cancel your card.



### ATMs and currency exchange

Although Japan has made progress towards cashless payments, many establishments still prefer cash, so it is best to prepare some yen for when you travel.

#### ●ATMs

Post offices and convenience store ATMs allow you to take out cash with certain credit cards, but not every type of card is accepted. Be sure to research in advance to know which cards are acceptable.



#### ●Currency Exchange

International airports are the most reliable place to exchange currency. You can also find currency exchange machines and licensed counters in various parts of the city.



## Emergency Numbers

Police **☎ 110**

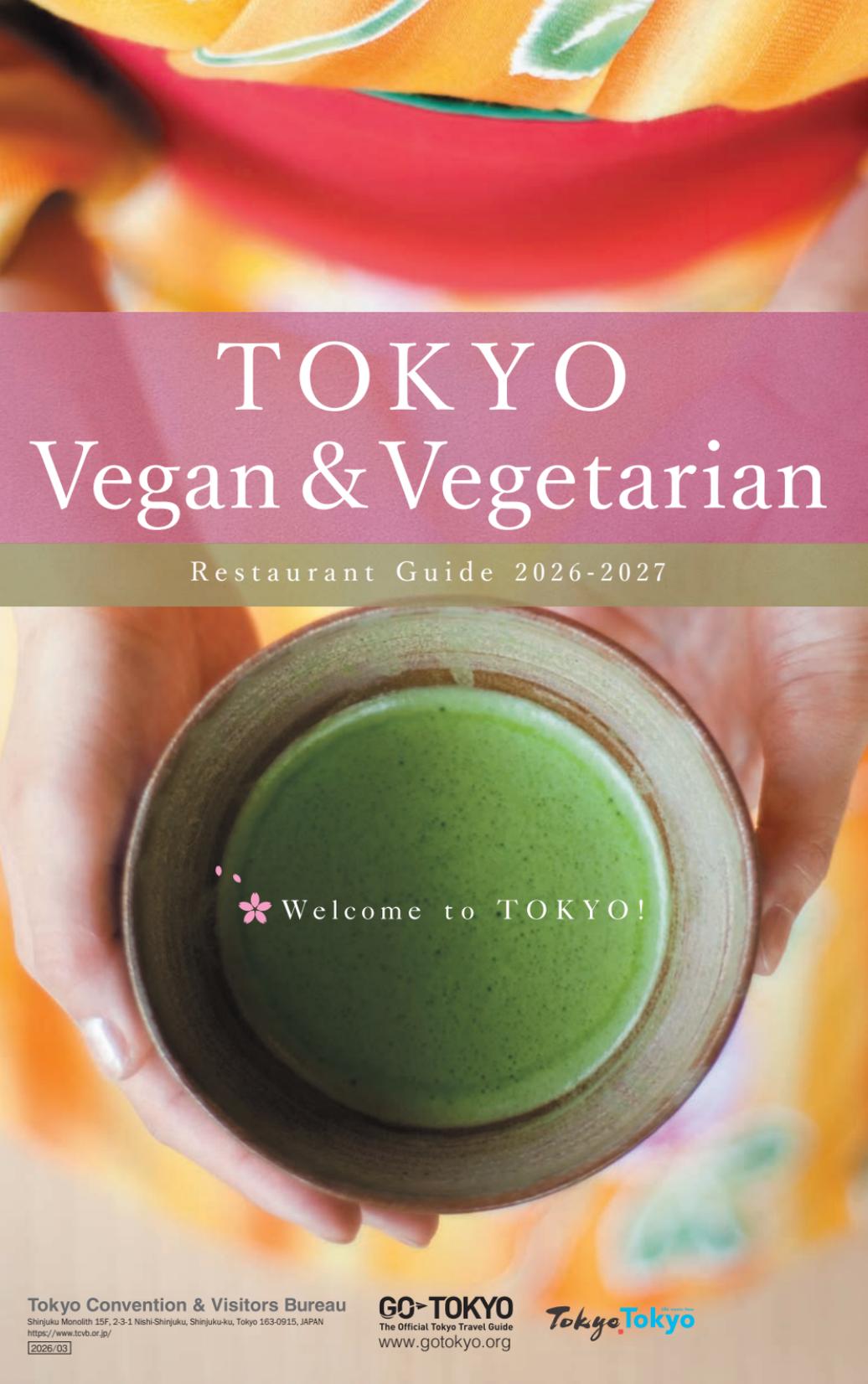
In the event of a crime or accident

Fire Department **☎ 119**

To report a fire or to call for help or an ambulance

Please check the booklet "HOW TO ENJOY TOKYO!" for information on manners and customs.





# TOKYO Vegan & Vegetarian

Restaurant Guide 2026-2027

 Welcome to TOKYO!

Tokyo Convention & Visitors Bureau

Shinjuku Monolith 15F, 2-3-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo 163-0915, JAPAN  
<https://www.tcvb.or.jp/>

2026/03

**GO-TOKYO**  
The Official Tokyo Travel Guide  
[www.gotokyo.org](http://www.gotokyo.org)

**TokyoTokyo**  
THE OFFICIAL VISITOR GUIDE  
[www.tokyotokyo.com](http://www.tokyotokyo.com)